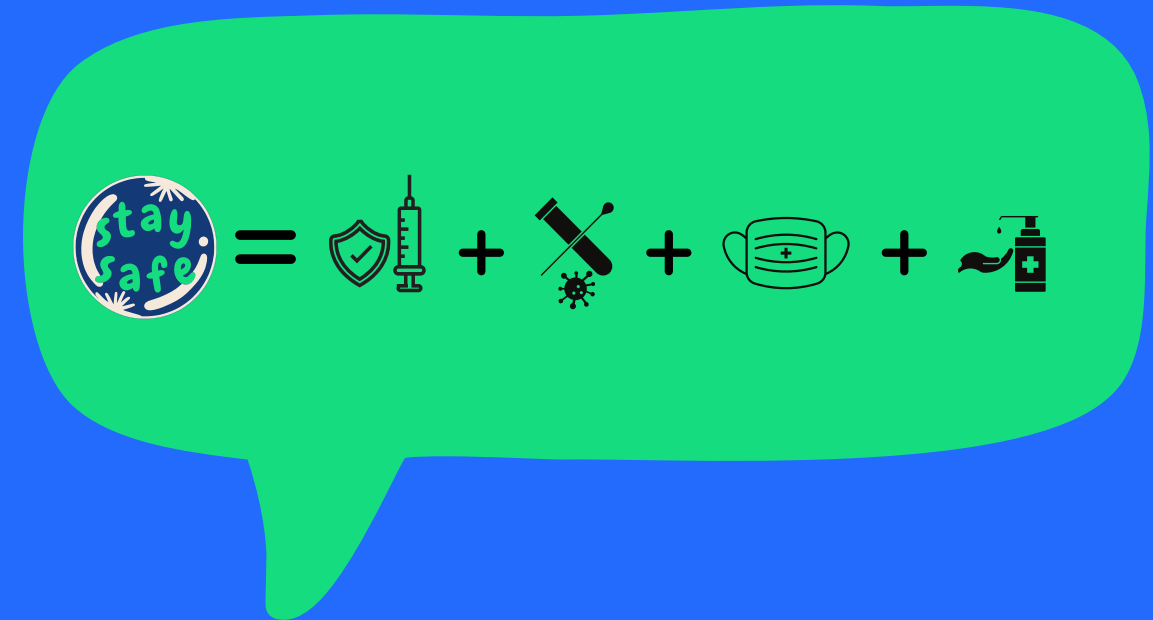


Housatonic Valley Health District

# COVID-19 RECOMMENDATIONS: COMMUNITY

August 1, 2022





# Prevent the spread of COVID-19 by:

- Staying up to date with COVID-19 vaccinations (primary series & boosters)
- Stay informed. Follow the CDC Community Levels recommendations for your area
- Wearing a well-fitted mask when in crowded groups
- Spend time outside when socializing with people who you don't live with
- Having good ventilation when indoors
- Practicing proper hygiene
- Staying home if you are not feeling well and get tested if you are experiencing COVID-19 symptoms

**Housatonic Valley Health District  
COVID-19 Recommendations**



# Stay informed. CDC Community Levels

## What Prevention Steps Should You Take Based on Your COVID-19 Community Level?

Low	Medium	High
<ul style="list-style-type: none"><li>Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li><a href="#">Get tested</a> if you have symptoms</li></ul>	<ul style="list-style-type: none"><li>If you are <a href="#">at high risk for severe illness</a>, talk to your healthcare provider about whether you need to wear a mask and take other precautions</li><li>Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li><a href="#">Get tested</a> if you have symptoms</li></ul>	<ul style="list-style-type: none"><li>Wear a <a href="#">mask</a> indoors in public</li><li>Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li><a href="#">Get tested</a> if you have symptoms</li><li>Additional precautions may be needed for people <a href="#">at high risk for severe illness</a></li></ul>
<p>People may choose to mask at any time. People with <a href="#">symptoms, a positive test, or exposure</a> to someone with COVID-19 should wear a mask. Masks are recommended in indoor public transportation settings and may be required in other places by local or state authorities.</p>		

Source: [CDC COVID-19 by County](#), Retrieved July 18, 2022

## Housatonic Valley Health District COVID-19 Recommendations

# COVID-19 Vaccine Eligibility

	Pfizer	Moderna	Johnson & Johnson
<b>Ages 18+</b>	<b>Primary Series:</b> <ul style="list-style-type: none"> <li>2 doses; 3-8 weeks apart</li> </ul> <b>Booster:</b> <ul style="list-style-type: none"> <li>1 booster; 5 months after the final dose in the primary series</li> <li>Ages 50+ can choose to receive a 2nd booster</li> </ul>	<b>Primary Series:</b> <ul style="list-style-type: none"> <li>2 doses; 4-8 weeks apart</li> </ul> <b>Booster:</b> <ul style="list-style-type: none"> <li>1 booster; 5 months after the final dose in the primary series</li> <li>Ages 50+ can choose to receive a 2nd booster</li> </ul>	<b>Primary Series:</b> <ul style="list-style-type: none"> <li>1 dose</li> </ul> <b>Booster:</b> <ul style="list-style-type: none"> <li>1 booster; 2 months after the final dose in the primary series</li> <li>Anyone who received J&amp;J may receive a 2nd dose of Pfizer or Moderna at least 4 months after their 1st booster</li> <li>Ages 50+ can choose to receive a 2nd booster</li> </ul>
<b>Ages 12 – 17 years</b>	<b>Primary Series:</b> <ul style="list-style-type: none"> <li>2 doses; 3-8 weeks apart</li> </ul> <b>Booster:</b> <ul style="list-style-type: none"> <li>1 booster; 5 months after the final dose in the primary series</li> </ul>	<b>Primary Series:</b> <ul style="list-style-type: none"> <li>2 doses; 4-8 weeks apart</li> </ul> <b>Booster:</b> <ul style="list-style-type: none"> <li>Not yet authorized</li> </ul>	N/A
<b>Ages 5 – 11 years</b>	<b>Primary Series:</b> <ul style="list-style-type: none"> <li>2 doses; 3 weeks apart</li> </ul> <b>Booster:</b> <ul style="list-style-type: none"> <li>1 booster; 5 months after the final dose in the primary series</li> </ul>	<b>Primary Series:</b> <ul style="list-style-type: none"> <li>2 doses; 4-8 weeks apart</li> </ul> <b>Booster:</b> <ul style="list-style-type: none"> <li>Not yet authorized</li> </ul>	N/A
<b>Ages 6 months – 5 years</b>	<b>Primary Series: (ages 6 mo. – 4 yrs)</b> <ul style="list-style-type: none"> <li>3 doses <ul style="list-style-type: none"> <li>3- 8 weeks apart between 1st &amp; 2nd dose</li> <li>At least 8 weeks between 2nd &amp; 3rd dose</li> </ul> </li> </ul> <b>Booster:</b> <ul style="list-style-type: none"> <li>Not yet authorized</li> </ul>	<b>Primary Series: (ages 6 mo. – 5 yrs)</b> <ul style="list-style-type: none"> <li>2 doses; 4 - 8 weeks apart</li> </ul> <b>Booster:</b> <ul style="list-style-type: none"> <li>Not yet authorized</li> </ul>	N/A

## Definitions:

- Primary series = 2 - 3 doses of Pfizer & Moderna; 1 dose of J&J
- Booster = additional dose
- Up to date = you have received all doses in the primary series and boosters when eligible.
- Fully vaccinated = 2 weeks after final dose in primary series

## Schedule an appt:



<https://hvhd.us/covid-19/vaccinations/>

# Quarantine Guidelines:

**Quarantine = keeps someone who was in close contact with someone with COVID-19 away from others.**

**Up to Date = when you have received all COVID-19 doses in the primary series and all boosters recommended for you, when eligible.**

## Not Up to Date:

- Stay home and quarantine for at least 5 full days
- Wear a well-fitting mask when around others for 10 full days
- Get tested at least 5 days after the exposure to COVID-19.
- Watch for symptoms and if you develop symptoms, isolate immediately and get tested.
- Do not travel for 10 full days

## Up to Date/ Confirmed COVID-19 within the last 90 days:

- No need to quarantine unless you develop symptoms
- Get tested at least 5 days after the exposure to COVID-19
- Watch for symptoms and if you develop symptoms, isolate immediately and get tested
- Wear a well-fitting mask for 10 full days when around others
- Take precautions when traveling

# Isolation Guidelines:

**Isolate** = keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

## Regardless of Vaccination Status:

- Self-isolate for **5 days** following a positive test or onset of symptoms. Wear a well fitting mask when around others in your home.  
↓
- Wear a mask around others for **5 additional days** post self-isolation.
- Do not travel for 10 full days

# Well-Fitting Masks:



It covers your nose, mouth, and fits under your chin.



It is breathable.



It is not loose and is fits securely to the head with ties, bands, or ear loops.



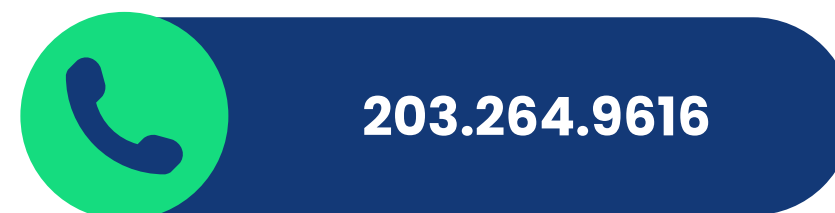
Does not allow air to escape from edges

**Leave COVID-19 behind.  
Get Vaccinated.  
Get Tested.  
Stay Informed.**



**Visit [www.hvhd.us](http://www.hvhd.us) to schedule a  
vaccination and testing appointment.**





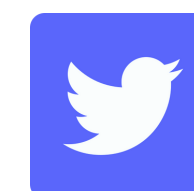
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# Face masks might give wearers false security.

People may expose themselves in risky environments.

It may increase the frequency of touching their face, and disregarding the other more effective ways of preventing the spread of the virus, such as:

- ! Proper hand hygiene
- ! Respiratory etiquette
- ! Physical distancing





